

Sheldon School Ten Tors Training Personal kit – Ten Tors 2025

Category	Item	Amount	Notes
Personal safety	Whistle	1	Mounted on the outside of your rucksack in an easy to reach location.
	Torch	1	With 1 x set of spare batteries (unless LED).
	Personal medication	1 set	To include personal medication, blister kits, plasters, painkillers, sanitary products, pencil and [sheet of] paper (with sealable disposable plastic bags). You must inform staff and or team whenever taking medication.
	Watch	1	An alarm function is useful.
	Water bottle	1	Minimum 1L capacity. Must be of robust construction. 2 needed – one for purifying water and one for drinking. A filter system is an acceptable alternative.
	Water purification tablet/filter system	1 pack	
Load bearing	Rucksack	1	50-65 litre capacity (approx. 30L for day walks). Strong construction and comfortable to wear. Ask for guidance from staff before purchase.
Clothes	Base layer	2	T shirts can be used but specialist synthetic base layers are more comfortable.
	Mid layer	2	Microfleece is the ideal layer but could be a rugby shirt. This will probably be your walking fleece.
	Insulation layer	1	Heavy fleece/down/primaloft material will normally only be worn in very cold weather or in the evening.
	Trousers/Leggings	2	Walking trousers or warm leggings. Shorts may be worn but are additional to two pieces of full leg cover MUST be carried. NOT jeans or fleecy tracksuit bottoms. Only 1 pair needed before walk 4
	Socks	2	2 sets of socks – 1 pair only before walk 4
	Waterproof coat	1	Must be robust construction with a hood and able to withstand long periods of wet weather.
	Waterproof trousers	1	Must be able to put on and remove whilst wearing walking boots. Must be robust construction with a hood and able to withstand long periods of wet weather.
	Gloves	1 pair min	Ideally waterproof, must not be fingerless.
	Warm Hat	1	Warm and must cover ears.
	Sun Hat	1	If weather appropriate, although very useful in rain.
	Boots	1 pair	Vital that these are robust and fit well. Please seek expert advice before buying and get them fitted well.
Sleep system	Sleeping bag	1	Must be rated to -2C or lower as a lower limit (EN ISO 23537 rating system) Must be in a waterproof bag or two with no chance of getting wet even if submerged.
	Sleeping mat	1	Roll mat or similar.
Rations	Food	3 meals per day	Each meal bagged separately and clearly labelled. 2 x breakfast (reduce to 1 for Ten Tors event)

			2 x lunches 2 x evening meals to include a hot drink (reduce to 1 for Ten Tors event) If only camping for 1 night then this will reduce to one of each meal. If just a day walk this will reduce to just food for the day (1 lunch + walk snacks).
	Emergency rations	1 pack	High energy foods plus a hot drink sachet (not coffee or tea) all in one separate labelled pack.
	Matches / Fire steel /Lighter		Must be in a waterproof bag.
	Spoon / Spork	1	A lightweight eating implement.
Personal comfort/use	The items below are optional but highly recommended.		
	Toilet paper		A small pack of toilet roll or paper handkerchiefs.
	Hand sanitiser		A very small bottle – can be shared as a team.
	Sun screen		Small bottle 100ml max. Can share as a team.
	Penknife	1 per tent	Small and lightweight.
	Walking poles	2	Recommended to use 2 not one. Ideal over rocky or uneven ground especially when carrying a heavy rucksack.
	Gaiters		Reduce the amount of water and debris entering boots. Must try these on with your boots as they need to cover the majority of the top of the boot to be worthwhile.
	Gaffer tape		Small amount wrapped around an old credit card.
	Dry bags / Rubble sacks		Used to keep rucksack contents dry. Carrier bags and cheap bin bags are unsuitable.
	Lightweight cup	1	Strong plastic or lightweight metal ideally not an old style tin mug.

Bold items –these can be borrowed from school

Green Highlighted – will be needed on all the walks

Yellow Highlighted – desired on all walks from/needed from walk 4

Blue Highlighted – will be needed when we go to Dartmoor (walk 6)